



Grants Pass Department of Public Safety

"Keeping Grants Pass safe since 1887"

MEDIA RELEASE



Nature: Extreme Heat Protect Yourself and Others

Location: City of Grants Pass

Date: 06/26/2015 4:30 pm

Completed by: Fire Marshal Brian Pike

Approved by: Deputy Chief Lang Johnson

Details:

As temperatures continue to rise in our area, it's important to understand the risks associated with extreme heat and how to prepare.

While most of us know the importance of staying cool and hydrated, here are a few other tips to make sure everyone stays safe during these warmer months.

- Check on family, friends and elderly neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.
- Know the signs of heat exhaustion: cool, moist, pale or flushed skin. Heavy sweating, headache and nausea.
- Check on animals frequently. Make sure they have plenty of shade and cool water and consider moving them inside.

Call 911 immediately if someone exhibits signs of heat stroke including, hot, red skin which may be dry or moist; changes in consciousness; vomiting and high body temperature.